UNIVERSITY OF ILLINOIS-URBANA
3 0112 120252645

## STATE POLICE DISTRICT OFFICES

| District | | EMERGENCY NUMBERS |
|---|---|---|
| 1 | **Sterling**<br>3107 East Lincolnway, 61081-1712 | 815/632-4010 |
| 2 | **Elgin**<br>777 South State Street, 60123-7689 | 847/931-2405 |
| **District Chicago** | <br>9511 W. Harrison St., Des Plaines, 60016-1562 | 847/294-4400 |
| 5 | **Lockport**<br>16648 South Broadway Street, 60441-9546 | 815/726-6377 |
| 6 | **Pontiac**<br>Post Office Box 498, 61764-0498 | 815/844-1525 |
| 7 | **East Moline**<br>**800 Hillcrest Road, 61244-1161** | 309/752-4915 |
| 8 | **Metamora**<br>1265 Lourdes Road, 61548-9028 | 309/383-2133 |
| 9 | **Springfield**<br>3780 East Lake Shore Drive, 62707-9811 | 217/786-7107 |
| 10 | **Pesotum**<br>U.S. 45 South, P.O. Box 110, 61863-0110 | 217/265-0050 |
| 11 | **Collinsville**<br>1100 Eastport Plaza, 62234-6116 | 618/346-3990 |
| 12 | **Effingham**<br>401 Industrial Avenue, Suite A., 62401-2835 | 217/347-2711 |
| 13 | **DuQuoin**<br>1391 South Washington St., 62832-3841 | 618/542-2171 |
| 14 | **Macomb**<br>1600 N. Lafayette Street, 61455-9194 | 309/833-4046 |
| 15 | **Downers Grove**<br>2700 Ogden Avenue, 60515-1703 | 630/241-6800 |
| 16 | **Pecatonica**<br>16450 West State Road, 61063-9202 | 815/963-7688 |
| 17 | **LaSalle**<br>IL Rt. 351 North, 61301-1047 | 815/224-1171 |
| 18 | **Litchfield**<br>102 IL Rt. 16, 62056-1574 | 217/324-4900 |
| 19 | **Carmi**<br>919 IL Highway 14, 62821-2309 | 618/382-4606 |
| 20 | **Pittsfield**<br>Post Office Box 32, 62363-0032 | 217/285-2034 |
| 21 | **Ashkum**<br>Post Office Box 147, 60911 | 815/698-2395 |
| 22 | **Ullin**<br>1154 Shawnee College Road, 62992-2113 | 618/845-3740 |

**1 (800) 255-3323 (TDD)**
**1 (217) 782-1320 (voice)**

**State of Illinois**
Rod R. Blagojevich, Governor

**e Police**
nt, Director

I363.12
ILLI
2006
c.3

10789716

# Winter Survival

ILLINOIS DOCUMENTS

JUL 21 2006

ILLINOIS STATE LIBRARY

**Illinois State Police**

## IF YOU MUST USE YOUR CAR DURING A STORM ...

* Plan your travel, selecting both primary and alternate routes.

* Let someone know your travel routes and itinerary so that, if you don't arrive on time, officials will know where to search for you.

* Check latest weather information on your radio.

* Try not to travel alone - two or three people are preferable.

* Travel in convoy (with another vehicle) if possible.

* Drive carefully and defensively. Watch for ice patches on bridges and overpasses.

* If a storm begins to be too much for you to handle, seek refuge immediately.

* If your car should become disabled, stay with the vehicle, running your engine and heater for short intervals. Be sure to "crack" a window in the vehicle to avoid carbon monoxide build-up.

Reliable transportation is especially important in the winter. If you have a car, make sure it is ready for whatever winter may bring. Not only should your car be kept in top operating condition all year round - for safety and fuel economy, it is especially important to get it winterized to avoid any unpleasant or dangerous situation while traveling in frigid weather. The following should be checked:

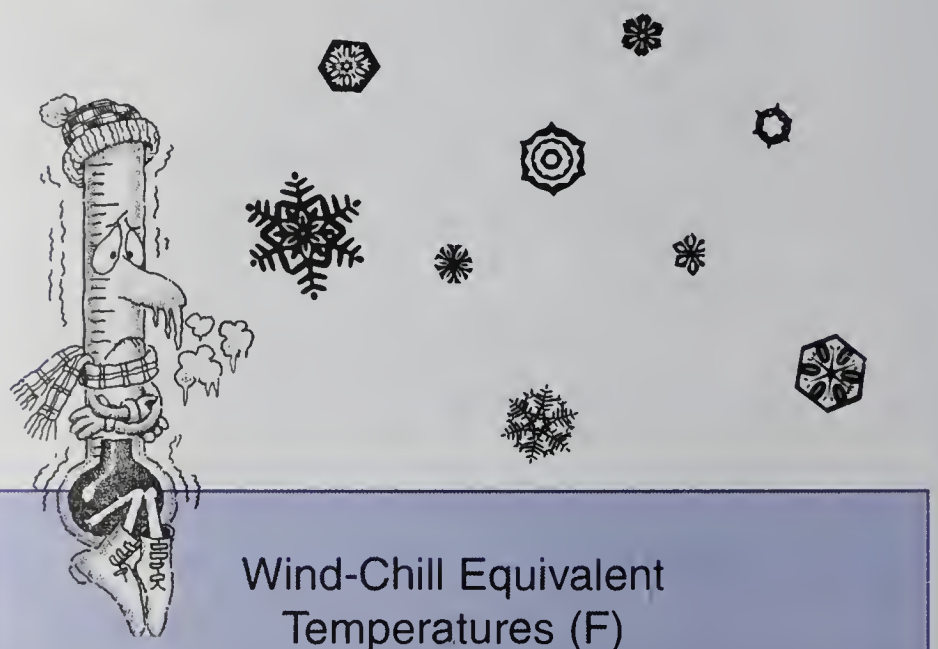
| | | |
|---|---|---|
| ignition system | fuel system | brakes |
| exhaust system | wiper blades | snow tires |
| tire tread | defroster | proper grade oil |
| cooling system | battery | lights |
| antifreeze | | |

Always fill the gasoline tank before entering open country, even for a short distance, and stop to fill-up long before the tank begins to run low. Keeping your tank as full as possible will minimize condensation, providing the maximum advantage in case of trouble.

A Citizens Band (CB) radio and/or cellular phone can be very useful to you or another stranded motorist in case of an emergency.

## BE ALERT TO FROSTBITE CONDITIONS

Exposed skin can freeze within one minute at wind-chill equivalent temperatures below -25 F.



Wind-Chill Equivalent Temperatures (F)

| Calm Air | At 15 mph | At 30 mph | At 40 mph and over |
|---|---|---|---|
| 30 | 9 | -2 | -6 |
| 20 | -5 | -18 | -22 |
| 10 | -18 | -33 | -38 |
| 0 | -31 | -49 | -54 |
| -10 | -45 | -64 | -70 |
| -20 | -58 | -78 | -87 |

rostbite affects the extremities, such as fingers nd toes.

a body part has been frostbitten once, it is ıore susceptible to frostbite again, even in milder ɔnditions.

edness and a burning sensation are indications ɔstbite will occur unless the extremity is warmed.

umbness is an indication that frostbite has already ken place.

frostbite is discovered, hold the affected part tightly gainst the warm skin on another part of the body; ɔr example place frozen fingers under arm).

hen thoroughly warmed, keep covered and make ı effort to keep area from freezing again.

## HYPOTHERMIA

hen the body begins to lose heat faster than can produce it, a condition called hypothermia egins to develop. The symptoms become very ɔparent, and include:

uncontrollable shivering
vague, slow, slurred speech
memory lapses
incoherence
immobile, fumbling hands
frequent stumbling
lurching gait
drowsiness
apparent exhaustion

## REGIONAL ROAD CONDITIONS

The Illinois State Police maintains public telephone numbers providing highway condition information from November 15 through March 31st. The numbers are as follows:

| District | | |
|---|---|---|
| 1 | **Sterling** | 815/632-4033<br>815/632-4032 |
| 2 | **Elgin** | 847/931-2395<br>847/931-2396 |
| **Chicago** | | 708/294-4701 |
| 5 | **Joliet** | 815/727-5471 |
| 6 | **Pontiac** | 815/844-1500<br>815/842-4347 |
| 7 | **Rock Island** | 309/755-7011 |
| 8 | **Peoria** | 309/673-8245 |
| 9 | **Springfield** | 217/786-7610 |
| 10 | **Pesotum** | 217/265-0050 |
| 11 | **Collinsville** | 618/346-3636 |
| 12 | **Effingham** | 217/347-2719<br>217/347-2723 |
| 13 | **DuQuoin** | 618/542-8432 |
| 14 | **Macomb** | 309/833-4613 |
| 15 | **Oakbrook** | (Toll Roads)<br>800/865-5394 |
| 16 | **Pecatonica** | 815/962-7051 |
| 17 | **LaSalle** | 815/224-3030 |
| 18 | **Litchfield** | 217/324-3100 |
| 19 | **Carmi** | 618/382-8878 |
| 20 | **Pittsfield** | 217/285-5445 |
| 21 | **Ashkum** | 815/698-2112 |
| 22 | **Ullin** | 618/845-3744 |

ILLINOIS STATE LIBRARY
3 1129 01166568 4

## COFFEE CAN SURVIVAL KIT ...

Here's how to make your own:
2 or 3 pound coffee can (punch 3 holes at the top of can, equal distance apart)

60-inch length of twine or heavy string (cut into 3 equal pieces - used to suspend can)

3 large safety pins (tie string to safety pins and pin to car roof interior to suspend can over candle)

1 candle 2" diameter (place on lid under suspended can for melting snow)

1 pocket knife, reasonably sharp (or substitute with scissors)

3 pieces of bright cloth 2" wide x 36" long (tie to antenna or door handle)

Several packets of soup, hot chocolate, tea, bouillon cubes, etc. (mixed into melted snow to provide warmth and nutrition)

1 small package of:
peanuts (provides protein) & fruit-flavored candy (orange slices, jelly beans, etc.-avoid chocolate)

1 pair of athletic socks (thick, moisture wicking ability) and 1 pair of thick, insulated gloves

2 packages of book matches

1 sun shield blanket or 2 large green or black plastic leaf bags (to reflect body heat)

1 pen light and batteries (keep separate)

When complete, place stocking cap over kit and carry in passenger compartment of car. If you have a 3 pound can, you will still have additional room for band-aids, aspirin, small radio, etc. If there is still room left, increase the quantity of any of the above items or improvise items you feel might be necessary. Remember hypothermia (rapid loss of body temperature) can happen to anyone!

# *Stay in your car until help arrives!*

To schedule a Traffic Safety program for your school or group please contact the Safety Education office at (217) 524-2525 or your Illinois State Police District Headquarters.

Printed by the Authority of the State of Illinois
ISP Central Printing Section
Printed on Recycled Paper
ISP 5-221 (7/06) 4M

ILLINOIS STATE POLICE
INTEGRITY • SERVICE • PRIDE